



February is American Heart Month. According to the [American Heart Association](#), American Heart Month is a federally designated event that encourages Americans to focus on their heart health and get their families, friends and communities involved.

SHOW YOUR HEART SOME **L♥VE**

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Level Up is spreading the love with a new initiative: Wellness Champions Spotlight! We value our Wellness Champions who are MVPs that inspire, encourage and lead individuals on a journey to a happier and healthier life. And we want you to get to know these ambassadors who are committed to building a culture of wellness for Prince George's County Government.

Wellness Champion Profile

Name: Na'Pre D. Anderson

Position: Management Associate

Department: Department of Social Services

Years with the County: 25



Why did you volunteer to be a Wellness Champion? I volunteered to become a Wellness Champion because I knew that with my passion and dedication to understanding the importance of well-being, both physically and emotionally. I knew that I was the right person that could inspire and galvanize our employees, taking them on the journey with me to total wellness or their personal journey. Everything that I have done so far has become a lifestyle change for me and it's a wonderful feeling to know and see the change in others.

What do you do for exercise or physical activity? Every morning I wake up with the intention of going for a jog, 1-hour high cardio dance workout, or maybe just floor exercise and stretching. For the last 8 years, I have taught a free dance fitness class at our department for any employee that wanted to join me.

What is your health goal(s)? My health goal is to continue to stay aware of healthy foods and the benefits of cutting back on sugar and maintaining a healthy diet.

What is your favorite healthy snack? My favorite healthy snack would be sliced cucumbers.

What keeps you motivated? I stay motivated by knowing that everything that I do whether it's work, teaching a class, or just sharing a message of encouragement; someone really enjoyed it, appreciated it, or simply listened to what I had to say.

What is your favorite motivational quote? "Do the best you can until you know better, and when you know better, do better." ~Maya Angelou

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774
LevelUp@co.pg.md.us

